

## Women's Bible Study

### Psalm 119:172-174

Ps 119:169-171 Let my cry come before Thee, O LORD; Give me understanding according to Thy word. Let my supplication come before Thee; Deliver me according to Thy word. Let my lips utter praise, For Thou dost teach me Thy statutes.

Recognize the **humility** of our Psalmist as he requests that God will hear him. When we ask something from someone else, we recognize our lack and need for help. David seeks understanding from God; he asks for deliverance according to God's plan. The Psalmist's instruction and protection come only from God and he bows before the very source of his life – Jehovah, the Eternal Lord. As we move forward to verse 172, David continues to capture the value of God's word and his need to be encompassed by its truths.

Ps 119:172 Let my tongue sing of Thy word, for all Thy commandments are righteousness.

In verse 171, the Psalmist requested that his **speech** burst forth in continuous praise for God's instruction to him. He now expands this thought in his desire to offer praise in **song** as a response to God's righteous commandments.

**CONSIDER.** In order to offer praise to God for His commands through speaking and singing, it would be necessary to know them. **How can we sincerely speak of God's commands without knowledge and understanding of them?** Do we contemplate the words we are singing when lifting praise to God in music or are we just held captive by a pleasing melody?

For instance, when we sing the familiar words 'How Great Thou Art', what do they mean? How is God great, what makes Him great, how is His greatness displayed?

David desires that every word from his mouth, whether in speech or song, is from God's truths. Our words are a powerful tool. They can be used as instruments in blessing others if we are careful to have God's commands in our heart and thoughts.

When David writes '**all** God's commands are righteousness', he **includes God's word in its entirety**, not choosing only those things that are easy but **everything** that God requires. He is careful to use his words to speak truth. In Psalm 37 and 40, also authored by David, we read the same volition.

Ps 37:30 The mouth of the righteous utters wisdom, and his tongue speaks justice.

Ps 40:9 I have proclaimed glad tidings of righteousness in the great congregation; Behold, ***I will not restrain my lips***, O LORD, Thou knowest. Do you hesitate to share the gospel or speak of God because you're uncomfortable or think it is someone else's job? Each one of God's children has been given a precious gift. With this gift comes a responsibility to use it for God's glory and tell others who He is and what He has done for them – ***even if you feel lacking in your communication skills.***

In the book of Deuteronomy, Moses gave specific instruction to seek knowledge and understanding of God's commands and continuously speak of them.

De 6:6-7 "And these words, which I am commanding you today, shall be on your heart; and you shall teach them diligently to your sons and shall talk of them when you sit in your house and when you walk by the way and when you lie down and when you rise up.

Paul warned the church in his letter to the Ephesians to be careful with their words.

Eph 4:29 Let no unwholesome word proceed from your mouth, but only such [a word] as is good for edification according to the need [of the moment,] that it may give grace to those who hear.

When we speak with God's truths and think with His commands and engulf our lives with His word, we will be pleasing to Him and the words that come out of our mouths will be a sweet praise to His name. Regardless of what I think or feel or want, God's commandments are righteous – naturally, morally and legally just. God's commands are perfect in their essence, their judgment and their sentence. There are no mishaps or errors. Each of God's commands are truth.

Ro 7:12 So then, the Law is holy, and the commandment is holy and righteous and good.

Ps 19:8 The precepts of the LORD are right, rejoicing the heart; the commandment of the LORD is pure, enlightening the eyes.

What do we speak of – ourselves or God? Do we speak of God from a heart that is fully devoted to following His commands? With each word that comes from our mouth, we have an incredible opportunity to encourage others with the truths of God's word. However this cannot be in our own strength. We need to rely upon God's help. In the next verse of Psalm 119, the requests of a humble servant continue to be lifted to God.

Ps 119:173 Let Thy hand be ready to help me, for I have chosen Thy precepts.

Consider God's hands. In the verse above, we are talking specifically about His open hands, indicating power and direction.

Ex 15:6 "Thy right hand, O LORD, is **majestic in power**, Thy right hand, O LORD, **shatters the enemy.**

Ps 17:7 Wondrously show Thy lovingkindness, O Savior of those who take **refuge** at Thy right hand from those who rise up [against them].

Ps 89:13 Thou hast a strong arm; Thy hand is **mighty**, Thy right hand is **exalted**.

Isa 48:13 "Surely My hand **founded the earth**, And My right hand **spread out the heavens**; when I call to them, they stand together.

Job 12:9-10 "Who among all these does not know that the hand of the LORD has done this, in whose hand is **the life of every living thing, and the breath of all mankind?**

Isa 41:10 'Do not fear, for I am with you; do not anxiously look about you, for I am your God. I will strengthen you, surely I will help you, **surely I will uphold you with My righteous right hand.'**

Where do we look for power and protection in our life? Who is my defender? Do we rely upon ourselves?

Many homes today are equipped with alarm systems. They are used to warn of intruders, fire and carbon monoxide. As advanced as some of these systems are, technology is not perfect, and it fails. Or, we fail and walk in a house forgetting to turn the alarm off. These alarms also only warn of trouble coming from outside our bodies. **Where is the protection of a soul? Who will defend trouble from within?**

We are insufficient and weak. We need God's help – His guidance and protection. He is ready and willing to hold us in the power of His hands. We see a similar request to Psalm 119:173 earlier in verse 117.

Ps 119:117 Uphold me that I may be safe, that I may have regard for Thy statutes continually.

David chooses to follow God's commands knowing that God alone is the one who will help him. David's reliance is solely upon God's work in his life. **Do we choose to follow God?** It is easy to recognize in the whole of Psalm 119 that David is committed to surrendering his entire life to God. His desire is to live for Him. This devotion is seen in his words and through his actions, in his desires and in his trust. Either we love God or we hate God. There is no 'sort of' in this relationship. God sent His Son to die for all sin. **He has made complete atonement for us. Our response needs to be complete commitment to Him.**

Recall the account of Mary and Martha when Jesus dined at their home. Mary was commended for recognizing the importance of being completely engaged in her devotion to Christ. Luke 10:42 but [only] a few things are necessary, really [only] one, for Mary has

chosen the good part, which shall not be taken away from her." The first and foremost concern for our life is choosing to trust God by following His commands.

David's example in Psalm 119 is to hope in God's word (v. 81), and to consider God's law as his delight (v. 92). It is obvious through his choices that God's commands are more important to him than anything or anyone else. When we choose to follow God, we can count on His help. *Matthew Poole's Commentary* says David has chosen God's commands for his 'guide and companion, and chief joy and treasure'.

**Ps 119:30 I have chosen the faithful way; I have placed Thine ordinances [before me.]**

**Ps 119:111 I have inherited Thy testimonies forever, for they are the joy of my heart.**

Joshua, after leading the Israelites to the Promised Land, just before he dies, gives the nation counsel to remember and follow the God who has chosen them and protected them through their exile.

**Jos 24:15 "And if it is disagreeable in your sight to serve the LORD, choose for yourselves today whom you will serve: whether the gods which your fathers served which were beyond the River, or the gods of the Amorites in whose land you are living; but as for me and my house, we will serve the LORD."**

"For I have chosen, thy precepts. A good argument. A man may fitly ask help from God's hand when he has dedicated his own hand entirely to the obedience of the faith. "I have chosen thy precepts." His election was made, his mind was made up. In preference to all earthly rules and ways, in preference even to his own will, he had chosen to be obedient to the divine commands. Will not God help such a man in holy work and sacred service? Assuredly he will. **If grace has given us the heart with which to will, it will also give us the hand with which to perform.** Wherever, under the constraints of a divine call, we are engaged in any high and lofty enterprise, and feel it to be too much for our strength, we may always invoke the right hand of God in words like these." *Treasury of David* [emphasis mine]

**Our salvation is in Christ. Our sufficiency is in Christ. Our support is in Christ. None other can save us, none other can supply us and none other can protect us.**

**Ps 119:174 I long for Thy salvation, O LORD, and Thy law is my delight.**

I desire Your deliverance, I desire the victory I have in You. To long for something is to desire it strongly or persistently. **Do we foresee that day when we will be with Jesus? Do we yearn for our salvation in Him to be finally and fully realized?**

David says his 'soul languishes' for God's salvation (Ps 119:81); and he hopes for God's salvation (Ps 119:166). The Psalmist's hope is certain, not one of wishing but absolute.

Accounts of waiting upon, longing for, hoping in, delighting in and rejoicing in God's salvation and His word are seen throughout the Old and New Testaments. These are actions and attitudes for us to emulate in all the circumstances of our life as we hold on to the promise of what is to come.

Addressing God as Lord puts Him in the context of Creator. He is self-existing, He is eternal. Thus, our longing to be with Him is a certainty. God will always be and always has been. What a marvelous thought to consider that we have a relationship with Him now and have the guarantee of being in His presence forever!

**What is your delight? Where is your enjoyment or pleasure found?** David places his delight in God's law throughout Psalm 119.

**Ps 119:16 I shall delight in Thy statutes; I shall not forget Thy word.**

**Ps 119:24 Thy testimonies also are my delight; [They are] my counselors.**

**Ps 119:47 And I shall delight in Thy commandments, which I love.**

**Ps 119:77 May Thy compassion come to me that I may live, for Thy law is my delight.**

**Ps 119:111 I have inherited Thy testimonies forever, for they are the joy of my heart.**

There is no question from the words above that the writer finds his greatest enjoyment and pleasures in God's word. David longs for the day when he will be delivered from all the persecution and difficulties surrounding him. Yet, he remains focused on the pleasures of God's truths, not allowing his circumstances to distract him. In one breath the Psalmist cries to God for help while in the same thought he is praising God for His goodness and care while he waits and trusts in His plan.

Those who have placed their trust completely in Christ's death and resurrection are saved now and enjoy the pleasures of God's law and His protection and guidance. One day, our salvation will be complete as we no longer are surrounded by sin and all its temptations. Imagine a place bereft of trouble and disorder; no disturbances to cause our eyes to look elsewhere. Our entire self will be focused on our glorious Savior and Lord!

Until that day we can take extreme delight in God's blessings through His word and promises that He has so graciously bestowed on us. **Focus on what is to come and frowns will turn to smiles. It is a true pleasure to be able to trust in the God of our salvation. Do you possess this kind of faith?** – A faith so strong and certain that you can walk through even the greatest difficulty with a heart of peace and hope.